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ABSTRACT

The second in a three-volume series of childcare books developed by the American Academy of Pediatrics and Feeling Fine Programs, this reference book addresses medical and parenting concerns related to raising an adolescent. The book provides scientific information and advice on how to promote the physical, emotional, cognitive, and psychological development of teenagers. The book is divided into seven sections as follows: (1) "Parenting an Adolescent," discussing aspects of communication, discipline, and family challenges; (2) "Your Teenager's Physical Growth and Development," including signs of puberty and what is normal in physical development; (3) "Your Teenager's Psychological Growth and Development," focusing on conquering communication problems, alcohol and drug problems, and depression and suicide; (4) "Your Teenager's Sexual Growth and Development," dealing with teenage sexuality, contraception, pregnancy, homosexuality, and protection of teens against sexual abuse; (5) "Your Teenager's Social Growth and Development," discussing the need to belong, feelings of loneliness, friends, and dating; (6) "Education: Normal Aspects and Problem Areas"; and (7) "The Care and Feeding of Your Adolescent," covering parental responsibility put in perspective, nutrition and eating disorders, obesity, sports and exercise, sexually transmitted diseases, and other medical disorders. (BGC)

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